

Pulse Talk

January
Edition

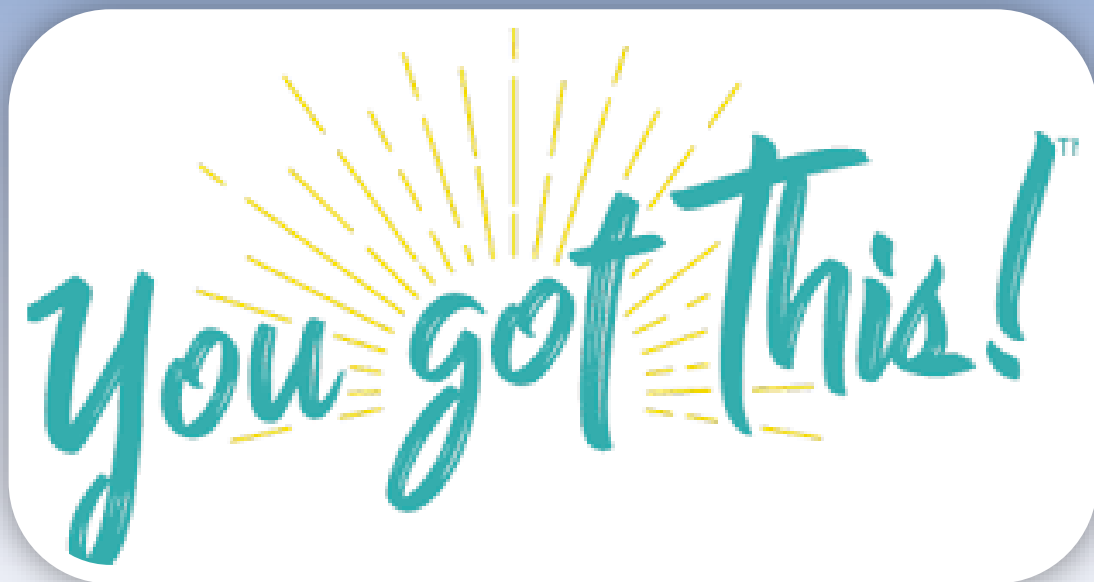
We are doing it right, so you are doing it right too.

Trends in the fitness industry are always changing. As professionals and providers in this industry, it is essential that we continue to stay up to date and constantly evaluate the validity of these changing trends. We work hard to stay on top of this information to ensure that our programs and offerings are up to date and current.

Each year the ACSM (American College of Sports Medicine) does a worldwide health survey and they have released their results along with their annual fitness trend forecast for 2020. This survey, now in its 14th year, help us to make program decisions. They provide 38 potential trends to consider, including a new trend emphasizing Lifestyle Medicine.

We are happy to report that we are part of the top 10 trends. This means that you are receiving the most up to date and high quality facilities and services in the Pulse Generator programming and operations.

The top 10 Trends can be found on the next page.



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WEARABLE TECHNOLOGY... This is a personal device that helps track your fitness pursuits and records your fitness accomplishments.

HIGH-INTENSITY INTERVAL TRAINING (HIIT)... We offer HIIT classes in our programming across Alberta. HIIT involves short bursts of high intensity activity followed by even shorter periods of rest between the high intensity rounds. This type of training allows for time efficient workouts, often 30 minutes in length.

GROUP TRAINING... The Pulse Generator continues to offer a full selection of motivational and effective group exercise classes for a variety of levels and has been doing this for over 20 years.

TRAINING WITH FREE WEIGHTS... Instructors focus on teaching proper form for exercises that use dumbbells, kettlebells, an or medicine balls. We offer specific classes and some locations and personal trainers are well versed in providing this type of training. All of our facilities offer a variety of free weight equipment.

PERSONAL TRAINING... One on one training continues to increase. Having onsite fitness facilities also offers the opportunity for convenient, high quality personal training as all Pulse Generator team members are certified Personal Trainers.

EXERCISE IS MEDICINE... We did a full year theme on this topic and continue discussing the benefits of the Health Care and Fitness community in working together to promote healthy, active lifestyles.

BODYWEIGHT TRAINING... This trend allows people to get back to basics by using their own bodyweight and minimal equipment. This type of training empowers people to have a simple, manageable workout available to them at all times.

FITNESS PROGRAMS FOR OLDER ADULTS... Age appropriate fitness programs can be offered in personal training and small group training sessions. Don't be afraid to ask about this specific desire or need.

HEALTH/WELLNESS COACHING... Mary Nielsen is our certified coach here at the Pulse Generator and is available both in person and virtually. This coaching integrates behavioral science into health promotion and fitness. A one on one or small group approach that provides support, goal setting and encouragement.

EMPLOYING CERTIFIED FITNESS PROFESSIONALS... All Pulse Generator team members are professionally certified and require annual or bi-annual continuing education credits to maintain their certifications and accreditations.

We are proud to maintain these high standards for you and provide the very best workplace health and fitness facilities and opportunities. Visit our website or join our Facebook group to stay up to date on training tips and news.

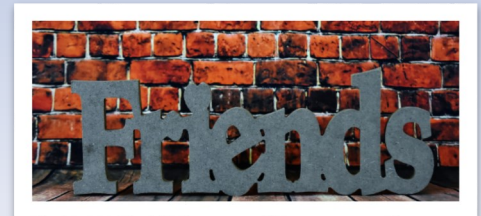
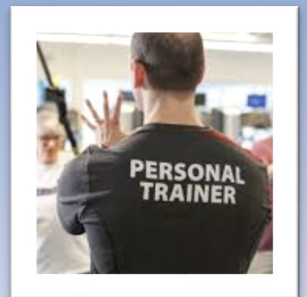
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PG Members Perks

Did you know Pulse Generator membership includes more than just great membership prices? PG members enjoy the following benefits!

- ◆ The PG is Onsite which basically means you are already at the gym. Members have 24/7 access at a fantastic price.
- ◆ PG membership gets you access to all of our locations (some exceptions apply)!
- ◆ PG members can pre-register for classes and also receive a discount on their class registration!
- ◆ PG members receive special member pricing on Personal Training at all locations and on 60 minute table massage at our UAH location!
- ◆ We work with other organizations in our community and have negotiated special events and sales for our members. This year the Running Room offered two special sale dates for our members!
- ◆ PG members can join our Facebook community and be the first to learn about our Destination Fitness events and special promos we have!
- ◆ Access to the years of knowledge and experience from our professionally qualified staff.

**24 x 7 Access
to all facilities!**



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UNIVERSITY

MONDAY

A HIIT Before Noon
Karma Yoga

TUESDAY

Mat Pilates Core
S2 - Strength & Stamina
Yoga Mix

WEDNESDAY

Interval Conditioning
Shift Into Yoga
Pilates Reformer Core Strength
B3- Bike Build & Burn

THURSDAY

Early Riser Spin
C1 - Fit Cyclist
PM Restorative Yoga

FRIDAY

Barbell Strength
This Gets Intense Friday

BE YOU

PM

YOGA

THURSDAY

GREY NUNS

MINDFUL

MOVEMENT THURSDAY

MISERICORDIA



TUESDAY

STRENGTH AND
CONDITIONING

ROYAL ALEXANDRA

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MEMBER PROFILE

January
Saugata Chourdury...PG-FMC



Saugata has been a member of the PG since January of 2019. His initial reason for joining was for some weight loss. Since beginning he has enjoyed being a member of the PG and using the spacious facility.

Outside of the PG, Saugata enjoys walking and has taken to the same philosophy as the PG...

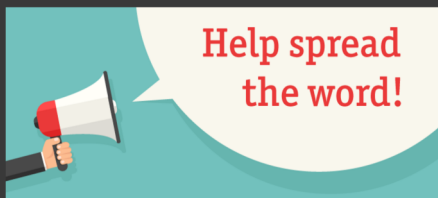
"Fitness is not a destination but a way of life"

Are you new to the Pulse Generator or thinking of joining? Register for a free orientation with the PG. This 20 min orientation will include a tour of the facility, types of equipment available, equipment bookings, class registration and other PG services. Register online!

Edmonton **FITNESS**
ORIENTATION



BE A BUDDY!



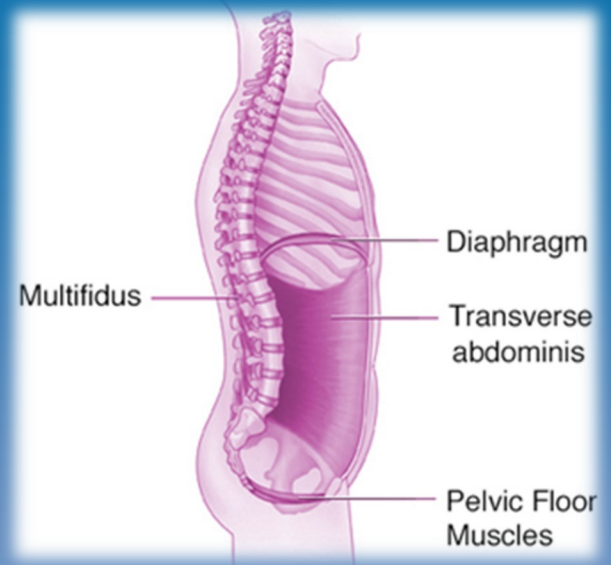
Don't keep us a secret
Ask for a Buddy Pass!

Don't keep us a secret! Ask us for a buddy pass. Tell your co-workers how awesome onsite fitness is and let them try it out. Conditions apply. Ask us for more details.

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Breathe Some Life Into Your Fitness

Take a deep breath now. Is it easy or does it feel like you are stuffed up? If you are not sick from a cold or flu this can be a sign that you have a weak diaphragm and are more of an apical breather, meaning you use your ribs and mouth to breathe as opposed to your diaphragm and nose to breathe. The Diaphragm is often a forgotten muscle but a closer look shows it connects to so much and controls one of your most important functions...breathing. This is very important to any training plan. If you are not breathing correctly it can affect a lot of your training. From bringing fuel to the muscles, to stabilizing your core, breathing is integral to both cardiovascular health, mobility and strength as well.



3 benefits of diaphragmatic breathing with your workout.

The first thing you notice when you look at the diaphragm is that it resembles a giant umbrella over the core musculature. If you think of your core in 3 dimensions the diaphragm and the pelvis make the top and the bottom. The diaphragm helps to keep your core strong. We have to remember that the body is an interconnected series of muscles and fascia with the core being one of the most immediate parts connected to the diaphragm. Strengthening the diaphragm helps to strengthen the core. Think about a tennis player, as they are about to serve. Just as they hit the ball you will almost always hear them let out a big exhale. The exhale helps to engage the core. Alternatively, imagine you are about to pick up something heavy, you might inhale deeply to help brace yourself. Working on your breathing can help with not only your cardio since you will be taking in more oxygen, but your strength and power in a multitude of activities.

Second, breathing exercises are a great window into your training readiness. If your breathing is labored, short or just does not feel right this can be a sign you are stressed. Try going for a run after a stressful day and pay attention to your breathing. Often times you will not get your full breath in. Breathing is an excellent indicator for how stressed your body is. A great way to check is to use the Superman/Wonder Woman Breathing pose. Place your hands on your sides halfway between your ribs and hips, inhale through the nose pushing your middle out in all directions against your hands. Pay attention to your breathing the more you do this the more of a baseline you will have. Does it feel labored? If so, maybe you need to take a step back in your workout today. Breathing can help you get a quick snapshot of your readiness and let you adjust your workout accordingly.

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Third, a breathing exercise can tell your body to wind down. Remember exercise is the breaking down of your body, the recovery is where the body builds itself up. Using breathing at the end of your workout can signal the body to relax and start to work on the repair/healing process that follows intense training. The important thing to remember here is to relax and let the parasympathetic system take over. A great way to do this is to lay down on the ground inhale through the nose for 4 seconds and exhale like you're blowing up a balloon for 8 seconds. Try to stay with a 1:2 inhale to exhale ratio. You might need to start with shorter intervals like 2:4 seconds but try to work out up to 4:8 seconds. You can also lay down with the legs up the wall to help lengthen the hamstrings or try the 90/90 hip lift breathing exercise.

3 Breathing Exercises.

Crocodile Breathing Exercise

Lay on your stomach face down on a mat. Inhale through the nose pushing your belly into the ground and your side out. This is an excellent beginner exercise to learn how to belly breath and strengthen your diaphragm.



The Superman / Wonder Woman Pose

This is a good pre workout check. Stand with your hands around your waist between the ribcage and the hips. Inhale while keeping the ribs flat but pushing out through the stomach and the sides. You can feel the sides expand. Pay attention to how you feel each time you do this. Is it easier or harder to take deep inhales? If it is harder maybe go a little easier as you maybe a little stressed.



The 90/90 Hip Lift

Place your feet on the wall with your head supported with something like a foam roller or ball between your knees. Gently squeeze the ball or roller and pull your feet down on the wall being careful not to press into the wall so that we do not engage the quadriceps. Push your tongue against the roof of your mouth and inhale through your nose. Keep the ribcage flat but push out though the belly and its sides. Try to inhale for 4 seconds then exhale for 8 seconds like you are blowing up a balloon. Until there is only about 10% air left in your lungs. Repeat for about 2 minutes. This is a great relaxation technique that for cooldown after a workout.



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Individual Yoga Instruction

Looking to:

Learn the basics?

Develop a personal practice?

Advance your practice?

Bring yourself back to balance with yoga?

Yoga is not a one size fits all and Individual sessions ensure you are doing poses and modifications most appropriate for your needs. Similar to Personal Training, Individual instruction offers the ability to focus on personal interests, concerns or goals.

For more information contact Kelsey at
kelsey.wilson2@ahs.ca



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Massage Therapy at the Pulse Generator UAH

*We offer Massage Therapy Services On Site - 5 days per week. Our Treatment Room is located within the Pulse Generator UAH (PJ2.00 WMC) in Studio #1.
Contact RMT directly to book an appointment.*

MUSCLE ACHES AND PAINS OF A DIFFERENT SORT?

As per your intake form, our massage therapists require 24hrs notice of cancellation of your massage appointment, however, during cold and flu season, we will make exceptions. Please reschedule your massage if you are experiencing:

- ◆ sudden onset of muscle aches and pains
- ◆ chills and fever
- ◆ sore throat
- ◆ dry cough
- ◆ runny nose or congestion
- ◆ fatigue and weakness



Massage therapy actively moves blood and lymphatic fluid, and what your body needs most is **REST** so your immune system can contain and work on eliminating the bug. As well, we appreciate not spreading the infection to other clients or to ourselves. If you are unsure whether or not you should cancel your scheduled appointment, please call us and we will decide together.

STAY HEALTHY THIS WINTER!

*Book your appointment with Odette
on Tues / Thurs by contacting her at
odettey@gmail.com*

*Book your appointment with Breanne on
Mon/Wed/Fri by contacting her at
Breanne.martiniuk@ahs.ca*



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RIDE THE ROCKIES



May 29 - June 1, 2020

- Fully supported tour
- 3 Nights / 4 Days Riding
- 16 week program
- Great for Beginners to Advanced Riders
- Open to PG members and AHS employees

Tour Program Starts at \$1647
Contact kevin.vachon@ahs.ca
to secure your spot!

